“Father, forgive them, they know not what they do.”
Luke 23:34
Overview

What do you mean by Intentional Disciple?

Few Christians would argue the premise that we are called to be disciples of Jesus Christ. What “being a disciple” means and what that looks like in our lives, is a great deal more confusing. At St. Dominic’s, we invite you to engage the concept of discipleship head-on. Maybe you’re already a disciple. If so, hopefully you will discover how to be more intentional about your discipleship. Maybe you’re not yet a disciple. If so, hopefully you will enter into a deeper understanding of what it means to be a disciple and become more hungry to respond to Jesus’ call.

What is asked of me?

First, pick up a booklet at St. Dominic’s each month and follow along. If you can, attend one of the Explore (everyone is welcome) sessions offered each month. If you want to go deeper, sign up for a Small Christian Community. Small community will meet twice a month to discuss. We hope to be able to offer committed small communities and drop-in small communities as we get a better understanding of people’s interested. Please see the back cover for specific dates.

When did the Intentional Disciples initiative start?

St. Dominic’s kicked off the Intentional Disciples initiative in September 2013. We are gradually rolling it out to the whole parish. We hope to be able to connect people whenever they learn about the initiative or are ready to get involved.

What if I’m not sure how much of this I’m ready to do?

Pick up a booklet, and try it out. Pray about it.

I’m interested, but I just don’t have the time.

We understand that this will not fit everyone’s interest or schedule. We would like to ask you to pray for this initiative in the parish.

Jesus, let us hear your call anew.
Bless us with the courage to respond.
Clear away all barriers. Make us your disciples.
Format

Each month we’ll pick several scripture passages around an aspect or theme of discipleship. We’ll spend the month exploring that theme, going deeper and challenging ourselves. In September and October, we rolled this out to the parish. We have formed several small communities, but it is not to late to join one if you are interested (see the back cover). We plan to make this a yearlong initiative. Here’s the planned format for each month:

Week 1 - Explore
Break open the scripture and explore discipleship. Our goal here is not just to understand how discipleship functioned when Jesus walked the Earth, we want to understand what discipleship means in our lives, today.

You can explore the scripture on your own through this book, or you can attend one of the presentations offered (see the upcoming schedule on the back cover).

Week 2 - Share
Consider joining a small community to discuss the meaning of discipleship to you. There is something powerful about gathering with others to explore our relationship with Jesus.

If you can’t join a small community, you can take time each day to pray the scripture and reflect on your own journey.

Week 3 - Act
This week we’ll challenged ourselves to take some practical step exploring discipleship in our daily lives. We’ll do this on our own, so if you’re part of a small community, there will not be a meeting this week.

Week 4 - Share
Gather again in your small community or reflect on your own.
**Initial Questions**

**What is forgiveness?**

**Why is forgiveness hard?**

**Why might forgiveness be essential to understanding Jesus’ mission?**

**Why might forgiveness be essential to understanding our mission as disciples?**
Forgiveness is central to Jesus’ mission and message. We pray for forgiveness every time we pray the Lord’s Prayer. Here’s the catch: We pray for forgiveness only to the degree we’re willing to forgive others. That means we better get pretty good at forgiving.

Forgiveness is hard! There are often many different components of forgiveness:

- Recognize our own need for forgiveness
- Accepting that we are forgivable
- Asking for forgiveness (from God and others)
- Accepting that we are forgiven
- Forgiving others

When Jesus says that he came for “the forgiveness of sins.” He means all of this. Forgiveness is important!

**Myths: Forgiveness is NOT...** *(from a handout put together by Fr. Xavier)*

... Pretending that nothing took place. *Don’t lie to yourself.*

... Forgetting. *With forgiving, memory loses its poison, but it doesn’t change the past.*

... Excusing the offender. *Forgiveness tries to understand, not excuse, lest we forget the offender is a human being; don’t rob him of responsibility.*

... Returning everything to “as it was.” *Damage was done; repair, if possible, takes time.*

... Measured by the absence of feeling.

... Given on command. *Forgiveness is a process of healing; it takes time. It begins with prayer to be able to forgive. Like love, forgiveness must be freely given or else it is not real.*

“Forgive and you will be forgiven. Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”

Luke 6:37b-38
Main Texts

Jesus’ Mission

Luke 1:76  [Zechariah, father of John the Baptist] “And you, child, will be called prophet of the Most High, for you will go before the Lord to prepare his ways, to give his people knowledge of salvation through the forgiveness of their sins, because of the tender mercy of our God by which the daybreak from on high will visit us to shine on those who sit in darkness and death's shadow, to guide our feet into the path of peace.”

Matthew 26:26 While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.

Luke 23:33 When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. Then Jesus said, "Father, forgive them, they know not what they do."

Luke 24:46 And he said to them, "Thus it is written that the Messiah would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things.

Read prayerfully: Why is forgiveness central to Jesus’ mission?
Jesus Shows Forgiveness

Luke 7:36  A Pharisee invited him to dine with him, and he entered the Pharisee’s house and reclined at table. 37 Now there was a sinful woman in the city who learned that he was at table in the house of the Pharisee. Bringing an alabaster flask of ointment, 38 she stood behind him at his feet weeping and began to bathe his feet with her tears. Then she wiped them with her hair, kissed them, and anointed them with the ointment. 39 When the Pharisee who had invited him saw this he said to himself, "If this man were a prophet, he would know who and what sort of woman this is who is touching him, that she is a sinner." 40 Jesus said to him in reply, "Simon, I have something to say to you." "Tell me, teacher," he said. 41 "Two people were in debt to a certain creditor; one owed five hundred days’ wages and the other owed fifty. 42 Since they were unable to repay the debt, he forgave it for both. Which of them will love him more?" 43 Simon said in reply, "The one, I suppose, whose larger debt was forgiven." He said to him, "You have judged rightly." 44 Then he turned to the woman and said to Simon, "Do you see this woman? When I entered your house, you did not give me water for my feet, but she has bathed them with her tears and wiped them with her hair. 45 You did not give me a kiss, but she has not ceased kissing my feet since the time I entered. 46 You did not anoint my head with oil, but she anointed my feet with ointment. 47 So I tell you, her many sins have been forgiven; hence, she has shown great love. But the one to whom little is forgiven, loves little." 48 He said to her, "Your sins are forgiven." 49 The others at table said to themselves, "Who is this who even forgives sins?" 50 But he said to the woman, "Your faith has saved you; go in peace."

Read prayerfully: Jesus demonstrated forgiveness for us. What do we learn about forgiveness?
Blessed are the merciful, for they will be shown mercy.

"You have heard that it was said to your ancestors, 'You shall not kill; and whoever kills will be liable to judgment.' 22 But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, 'Raqa,' will be answerable to the Sanhedrin, and whoever says, 'You fool,' will be liable to fiery Gehenna. 23 Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, 24 leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift.

Then Peter approaching asked him, "Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" 22 Jesus answered, "I say to you, not seven times but seventy-seven times.

"Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. 38 Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you." 39 And he told them a parable, "Can a blind person guide a blind person? Will not both fall into a pit? 40 No disciple is superior to the teacher; but when fully trained, every disciple will be like his teacher. 41 Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own? 42 How can you say to your brother, 'Brother, let me remove that splinter in your eye,' when you do not even notice the wooden beam in your own eye? You hypocrite! Remove the wooden beam from your eye first; then you will see clearly to remove the splinter in your brother's eye.

Read prayerfully: What does Jesus ask of us as disciples? What aspects of forgiveness are the most difficult?
We Pray
Matthew 6:7 In praying, do not babble like the pagans, who think that they will be heard because of their many words. 8 Do not be like them. Your Father knows what you need before you ask him. 9 This is how you are to pray: Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as in heaven. 11 Give us today our daily bread; 12 and forgive us our debts, as we forgive our debtors; 13 and do not subject us to the final test, but deliver us from the evil one. 14 If you forgive others their transgressions, your heavenly Father will forgive you. 15 But if you do not forgive others, neither will your Father forgive your transgressions.

Read prayerfully: Are you willing to be forgiven only to the degree you forgive others?
Key Insights

General

● Forgiveness is everywhere in the Gospels.
● If we allow forgiveness to be an abstract concept, we fail to allow it to challenge us.
● God wants to forgive us. God wants us to forgive others.
● Every disciple should understand forgiveness as central to discipleship.

Jesus’ Mission

● Of all the Gospels, Luke places the greatest emphasis on forgiveness as central to Jesus’ mission.
● We get this at the beginning through the Canticle of Zechariah, and among Jesus’ last words to his disciples.
● Only in Luke, do we receive Jesus’ most powerful example of forgiveness from the cross.
● However, it is Matthew who place forgiveness at the heart of the New Covenant that Jesus establishes through his death and resurrection.
● I should note that the word “many” in Jesus’ words at the Last Supper means the multitudes. The Church believes that Jesus gives his life for everyone while still recognizing that not everyone will accept Jesus’ offering.

Jesus Shows Forgiveness

● This is one story that is found in all four Gospels.
● Yet, only Luke connects the story with forgiveness (mentioning that the woman was sinful).
● Sin divides us. Forgiveness unites us.
● In other stories, Jesus connects forgiveness with healing (e.g., healing the paralytic).

Jesus Teaches

● Jesus also teaches us about forgiveness on multiple occasions.
● He places forgiveness ahead of our visit to the altar.
● He tells us how often we must forgive.
● And, he tells us to focus on our sins before we focus on the sins of others.
● Mercy and compassion should be our guide.
We Pray

- This is clearly one of the most recognized parts of the Gospel because we pray the Lord’s Prayer frequently.
- It could easily be counted as a teaching of Jesus (it is), but it deserve to be set apart due to the words we pray.
- We ask for forgiveness, but only to the degree that we are willing to forgive others.
- Be careful of what you pray for.
- God might actually give it to you.
Steps Towards Forgiving
(From Fr. Xavier quoting Fr. John Monbourquette, How to Forgive: A Step-By-Step Guide)

1. **Stop the Offending Action.** Remove yourself from danger; don’t be a victim.

2. **Sit and Feel the Pain or Anger, Neither Repress It nor Act on It. Just Sit with It.**
   a. Name the Source of the Anger and Pain. Identify what fuels your anger, so that you can deal with the real issue.
   b. Identify What Has Been Lost So You Can Grieve. If you do not grieve what you lost, you will not really know how to forgive.
   c. Pray – Ask for God’s Guidance. What is God asking of you in the situation?

3. **Make a Commitment Not to Seek Revenge in Order to Break the Spiral of Violence.**
   “The spirit of retaliation keeps re-opening your wound by reminding you of the offence. Instead commit to acting for the other’s good and for others’ good.” Do not act until you are convinced how best to act for the offender’s good, your good and others’ good.

4. **Forgive Yourself.**
   “Forgiving ourselves seems to me to be the turning point in the process of forgiveness. ... Disappointment, injustice or misfortune awakens discordant inner voices in us. These voices invade almost all the space of our inner world, to the point where no room is left for forgiveness. Thus wrapped up in ourselves we are unable to forgive someone else.”

5. **If Possible, Share with the Offender.**
   Too often we don’t confront the person who most needs to hear the pain he/she has caused. If you can’t share with the offender, then share your thoughts with someone who can listen dispassionately. You don’t want someone who agrees with you, but someone who can help you hear yourself.

6. **Start to Understand the Offender.**
   “Understanding the offender does not mean excusing the offender. Understanding the offender means seeing them in a clearer light to catch all the facets of the person and the motives for their wrongdoing. Obviously, you will not understand everything about
them and their behavior. But the small amount of insight that you draw will make forgiving easier. Forgiveness will not seem like an unthinking or blind gesture.” “Don’t demonize the offending person; it will be harder to forgive.”

7. **Look for unexpected meaning and grace in your sufferings.**
   “Suffering an injustice or an offense is not a pleasant experience. Once the trauma has passed, the experience makes us confront ourselves and our own inner freedom. We must choose between being victimized and acting. If you decide to act, you open yourself to the possibility of discovering your real identity and forming new bonds with others. In other words, you have found meaning in your suffering.”

8. **Stop trying so hard to forgive. Open up to the grace of forgiveness.**
   “Your own efforts become less important than being humbly open to patiently welcome God’s presence. ... let go of all your resistance to letting yourself be loved deeply and forgiven by others, especially God.”

9. **Decide whether to end the relationship or to renew it.**
   Don’t confuse forgiveness with reconciliation. Some relationships cannot be re-established. It takes both persons to re-establish a relationship. Some people are simply too dangerous or too toxic. Admit your limits.

   “The process of forgiveness—indeed, the chief reason for forgiveness—is selfish. The reason to forgive others is not for their sake. They are not likely to know that they need to be forgiven. They’re not likely to remember their offense. They are likely to say, ‘You just made it up.’ They may even be dead. The reason to forgive is for our own sake. For our own health. Because beyond that point needed for healing, if we hold on to our anger, we stop growing and our souls begin to shrivel.”

   --M. Scott Peck
WHOM DO I NEED TO FORGIVE?

When I harbor a grudge, real or imagined, fair or unfair, it shapes me and poisons me. I need to let it go by forgiving.

- Family Members
  - Parents who disappointed you
  - A spouse who changed into someone else
  - A child who doesn’t live your dreams

- Friends & Colleagues
  - The friend who let you down
  - The friend who abandoned you by dying or moving
  - The co-worker who didn’t speak up for you.

- Institutions & Peoples
  - The company that does not recognize your efforts
  - The Church that tells you want to do, but doesn’t help you to do it
  - The nation that conquered your ancestors
  - The perpetrators of discrimination

- God
  - God who allowed your child to die.
  - God who doesn’t make the world better just for you
  - God who doesn’t give you the happiness your religiosity deserves
  - God who wants you to be more than you are

- Yourself
  - For putting yourself in a situation where you let yourself be hurt
  - For putting yourself down
  - For enduring a bad relationship too long
  - For being a perfectionist and not letting yourself make mistakes

And more...
Matthew 9:2 People brought to him a paralytic lying on a stretcher. When Jesus saw their faith, he said to the paralytic, "Courage, child, your sins are forgiven." 3 At that, some of the scribes said to themselves, "This man is blaspheming." 4 Jesus knew what they were thinking, and said, "Why do you harbor evil thoughts? 5 Which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? 6 But that you may know that the Son of Man has authority on earth to forgive sins"-- he then said to the paralytic, "Rise, pick up your stretcher, and go home."

Matthew 9:10 While he was at table in his house, many tax collectors and sinners came and sat with Jesus and his disciples. 11 The Pharisees saw this and said to his disciples, "Why does your teacher eat with tax collectors and sinners?" 12 He heard this and said, "Those who are well do not need a physician, but the sick do. 13 Go and learn the meaning of the words, 'I desire mercy, not sacrifice.' I did not come to call the righteous but sinners."

Matthew 18:21 Then Peter approaching asked him, "Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" 22 Jesus answered, "I say to you, not seven times but seventy-seven times. 23 That is why the kingdom of heaven may be likened to a king who decided to settle accounts with his servants. 24 When he began the accounting, a debtor was brought before him who owed him a huge amount. 25 Since he had no way of paying it back, his master ordered him to be sold, along with his wife, his children, and all his property, in payment of the debt. 26 At that, the servant fell down, did him homage, and said, 'Be patient with me, and I will pay you back in full.' 27 Moved with compassion the master of that servant let him go and forgave him the loan. 28 When that servant had left, he found one of his fellow servants who owed him a much smaller amount. He seized him and started to choke him, demanding, 'Pay back what you owe.' 29 Falling to his knees, his fellow servant begged him, 'Be patient with me, and I will pay you back.' 30 But he refused. Instead, he had him put in prison until he paid back the debt. 31 Now when his fellow servants saw what had happened, they were deeply disturbed, and went to their master and reported the whole affair. 32 His master summoned him and said to him, 'You wicked servant! I forgave you your entire debt because you begged me to. 33 Should you not have had pity on your fellow servant, as I had pity on you?' 34 Then in anger his master handed him over to the torturers until he should pay back the whole debt. 35 So will my
heavenly Father do to you, unless each of you forgives his brother from his heart."

Luke 23:39 Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." 40 The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? 41 And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." 42 Then he said, "Jesus, remember me when you come into your kingdom." 43 He replied to him, "Amen, I say to you, today you will be with me in Paradise."

John 20:21 Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." 22 And when he had said this, he breathed on them and said to them, "Receive the holy Spirit. 23 Whose sins you forgive are forgiven them, and whose sins you retain are retained."

John 21:9 When they climbed out on shore, they saw a charcoal fire with fish on it and bread. 10 Jesus said to them, "Bring some of the fish you just caught." 11 So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. 12 Jesus said to them, "Come, have breakfast." And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord. 13 Jesus came over and took the bread and gave it to them, and in like manner the fish. 14 This was now the third time Jesus was revealed to his disciples after being raised from the dead. 15 When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord, you know that I love you." He said to him, "Feed my lambs." 16 He then said to him a second time, "Simon, son of John, do you love me?" He said to him, "Yes, Lord, you know that I love you." He said to him, "Tend my sheep." 17 He said to him the third time, "Simon, son of John, do you love me?" Peter was distressed that he had said to him a third time, "Do you love me?" and he said to him, "Lord, you know everything; you know that I love you." (Jesus) said to him, "Feed my sheep. 18 Amen, amen, I say to you, when you were younger, you used to dress yourself and go where you wanted; but when you grow old, you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." 19 He said this signifying by what kind of death he would glorify God. And when he had said this, he said to him, "Follow me."
Recap & Prepare for Week 2

- Reread the scripture for this week
  - Underline phrases that help you wrestle with forgiveness
  - Pick a phrase, one each morning
  - Write it on a slip of paper
  - Find seven times during the day to think about and pray it.

- Reflection questions:

Where do you struggle the most with forgiveness (forgiving yourself, believing you’re forgivable, forgiving another, etc.)?

Read through the steps of forgiveness (pp. 12-13). Where are you in this process?

What do you need to do?
Week 2 - Share

Individual Option
- Find 20-30 minutes where you won’t be interrupted.
- (10-15 minutes) Follow the prayer format (Lectio Divina) in the group exercise below.
- (10-20 minutes) Spend time reflecting on the questions outlined above.

Advice For Participating In Small Christian Communities
- The facilitator’s role is to guide the flow of the meeting. They are not in the group to be experts. Help the facilitators by following their lead.
- During the discussion period, there will be multiple questions or topic for conversation. It is best to take them one at a time (i.e., let everyone share about one before moving to the next).
- Don’t attempt to give the “right answer.” Just share your experience, insights, and perspective.
- Please stay on topic (the questions asked).
- Pay attention to time. Keep your answers on the shorter side. You can always add more later.
- Make sure everyone gets a chance to speak (i.e., give others a chance to speak before sharing a second time).
- It’s ok to not share if you don’t feel comfortable, but challenge yourself to share occasionally.
- Give your attention to the person speaking. Please don’t start side conversations.
- Avoid asking follow-up questions. Let people share what they want to share. It is always good to affirm others.
- Avoid answering other people’s questions (i.e., taking on the role of expert).
How To Pray The Scripture Using Lectio Divina

● Goal:
  ○ Engage one of the scriptures at a deeper level
  ○ Allow the Spirit to teach our hearts
  ○ Provide fruit to lead into the discussion and sharing

● Steps (Should take 10-15 minutes):
  ● Lectio (Reading, 2-5 minutes)
    ○ A participant reads the scripture passage
    ○ 30-60 seconds of silence
    ○ A participant reads the scripture passage
    ○ As the scripture is being read, the participants are invited to find a word, phrase, image, or idea that resonates with them. We’ll call this the focus.
  ● Meditatio (Meditate, 5-10 minutes)
    ○ Stay with the focus from above.
    ○ There are different ways to do this: Why does it resonate? What does it mean in my life today? Repeat it as a mantra. Imagine it. How is this connected to discipleship?
  ● Oratio (Pray, 1-2 minutes)
    ○ Whatever comes up in meditation, form into a silent prayer offered to God.
  ● Contemplatio (Contemplate, 1-2 minutes)
    ○ After speaking a prayer to God, sit and listen or rest in God's love.
  ● This leads into discussion and sharing.
    ○ Start with insights from the prayer.
    ○ Transition to sharing about discipleship.
  ● Tips
    ○ There is no “right way,” do what works for you
    ○ Embrace the silence
    ○ Let God find you
Small Christian Community Process - First Meeting
(Suggested timing based on a 60/90 minute meeting)

- Welcome & Check In (5/10 minutes)
- Review Format (5/5 minutes)
  - Review the participant’s advice (page 18)
  - Prayer will be about 15 minutes
  - Review the prayer format: Lectio Divina (page 19)
  - Discussion will follow based on the prayer and the questions (page 17).
- Prayer (10/15 minutes)
  - Transition Passage: “The one to whom little is forgiven, loves little.” (Luke 7:47b)
- Discussion (30/45 minutes)
  - Begin with insights from the prayer experience
  - Discussing the reflection questions (page 17)
- Action/Request (5/10 minutes)
  - The practical exercise is listed on the next page
  - Participants can share thoughts and plans
  - Review date of the next group session
  - Participants can request prayers from the group
Week 3 - Act

If you’re not sure you need forgiveness, do an Examination of Conscience.

If you need to forgive yourself, set up an appointment for the Sacrament of Reconciliation. (You’ll want to make sure you have more time than just going before Mass)

If you find it hard to believe that God forgives you, spend time meditating on Luke 7:36-50 (page 7).

If you know that there is someone you need to forgive, focus on the steps (pages 12-13). Focus on the steps necessary. It takes time, but try to take a step.
**Week 4 - Share**

**Preparing**
- Continue to use the scripture phrases you highlighted when you prepared for Week 2:
  - Pick a phrase, one each morning
  - Write it on a slip of paper
  - Find ways to pray it throughout the day
- Week 3 exercise:
  - Plan to share something about your Week 3 exercise
  - If you were not able to do it, plan to share your barriers.

**Individual Option**
- Find 20-30 minutes where you won’t be interrupted.
- (10-15 minutes) Follow the prayer format *(Lectio Divina)* in the group exercise below.
- (10-20 minutes) Journal about the experience of the exercise from Week 3.

**Small Christian Community Process - Second Meeting**
*(Suggested timing based on a 60/90 minute meeting)*

- Welcome & Check In (5/10 minutes)
- Review Format *(5/5 minutes)*
  - Review the participant’s advice (page 18)
  - Prayer will be about 15 minutes
  - Review the prayer format: *Lectio Divina* (page 19)
  - Discussion will follow based on the prayer the Act exercise (page 21)
- Prayer *(10/15 minutes)*
  - Transition Passage: “If you do not forgive others, neither will your Father forgive your transgressions.” (Matthew 6:15)
  - *Lectio Divina*: Jesus Teachings (page 8)
- Discussion *(30/45 minutes)*
  - Begin with insights from the prayer experience
  - Discussing insights from the Act exercise
- Action/Request *(5/10 minutes)*
  - Review date of the next Explore session
  - Participants can request prayers from the group
Extra: Pray for a person you need to forgive.
Three Ways To Get Involved With Intentional Disciples

1. Pick up a booklet, and explore on your own. -or-

2. Attend an “Explore” session to learn about this month’s scripture. Everyone is welcome. - or-

3. Check out a Small Christian Community to join with others to go deeper.

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Upcoming “Explore” Sessions

Young Adults’ Session*, Wed., April 2, 7:30-9 PM, Parish Hall

Thursday, April 3, 12:00-1:30 PM, Aquinas Room

Sunday, April 6, 10:30-11:30 AM, School Basement

Monday, April 7, 7:30-9 PM, Aquinas Room

* The Young Adults group is a community of single and married Catholic adults in our 20s and 30s; to find out more, visit: http://stdominics.org/youngadults

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Connect With a Small Christian Community

Contact Scott Moyer at scott@stdominics.org

Current Small Christian Community Meeting Dates

Sunday: April 13 & 27  Monday: April 14 & 28

YAG (Sunday): April 13 & 27  Thursday: April 10 & 24